

Mastersplash



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Upcoming Events

July 6, 2014
USMS Speedo 5K and
10K ePostal

Lowry Pool
Contact :
nicolevanderpoel@msn.com

Lots of chatter about Worlds. Good luck to all attending!! Anyone attending Nationals in Maryland? Post on the COMSA Facebook page and get together with your fellow Colorado Swimmers!

Monitors are still needed for July at the gravel pond. Sign up below if you love to swim there and haven't yet been a monitor. Let's all help out and keep it running smoothly!

Thanks to those who attended the Town Hall meeting to discuss the state meet venues for 2015. A special thanks to Pat Burke, Social Chair and Stacy Broncucia, Vice Chair, for organizing the fun event!

Send photos from you summer swimming fun to heidecrino@gmail.com
Thanks !
Heide Crino

COMSA Town Hall Meeting



COMSA Town Hall Meeting

On Tuesday June 24th COMSA held a meeting at Prost Brewing Company to elicit feedback from the membership about the location of the state swim

**July 19, 2014
2014 Denver Masters
Long Course Meters
Invitational Swimming
Meet**

DU El Pomar
Natatorium
meet info and registration

**July 26, 2014
Swim Clinic**

DU El Pomar
Natatorium
Contact:
Andrew La Vasseur

**July 27-Aug.10, 2014
Fina World Masters
Championships**

Montreal, Canada
meet info

**August 10, 2014
Team Fort Collins
Horsetooth Open
Water Swim**

Horsetooth Reservoir
event info

**August 13-17, 2014
2014 Marriott U.S.
Masters Swimming
Summer National
Championship**

University of Maryland Rec
Center Natatorium
meet info

[More Information](#)

Ongoing Events

**Butterfly is Not a Crime
Postal Swim**

Oct 15, 2013-Aug 31 2014
event info/registration

[Contact](#)

meet. The board was interested to get some feedback about whether they liked the idea of holding the Annual Championship meet out of town and if so, how regularly we should do that.

By in large, the feedback from the membership was positive about the 2014 meet in Grand Junction but it was recognized by all that there was a price to pay. There were about half the number of participants at this years meet as compared to recent meets held on the front range. It was mentioned that COMSA should do a better job of promoting the out of town meets to insure better attendance (THANK YOU...we heard you). On the other hand, those that did make the journey expressed positive sentiments about the experience. Great town, great facility, and forced social time with fellow swimmers.

The COMSA board then polled the attendees regarding three venues for next year's meet; Denver University, Veterans Memorial in Thornton and EPIC Center in Fort Collins. Veterans polled the highest with EPIC coming in a very close second. VMAC has done a nice job for us in the past and the membership seemed pleased with the venue so the 2015 State Meet will be held March 27th through 29th at VMAC.

When asked how often they would like attend a special out of the metro area venue for the state meet the membership overwhelming selected "Every 3 Years". Look for a fun agenda in Fort Collins for 2017!!!

A good time was had by all at the meeting. Prost sponsored the event with free beer and many of the attendees then went down the street to Little Man Ice Cream where some learned how old they were as they attempted to demonstrate their Hula - Hoop skills.

Thank you all for speaking up and showing your support for swimming in

Colorado.



2014 USMS Speedo 5K & 10K ePostal National Championships

2014 USMS Speedo 5K & 10K ePostal National Championships

July 6th (12:00 pm to 3:00 pm)

Come on Colorado, how Postal can you go? It's time to step up and show the rest of the USA how tough high altitude swimmers are! Whether you are training for an Open Water 10K or want to challenge yourself and your teammates to swimming a 5K or a 10K straight, this is an opportunity you don't want to pass up. You also get a really cool Colorado Goes Postal Cap for participating!

The 2014 USMS Speedo 5K and 10K ePostal National Championship is hosted by Rogue Valley Masters in Ashland, Oregon. You must be USMS Registered in order to participate. The object is to swim either or both a 5K or 10K in a 50 meter Pool sometime between May 15th and September 15th. Submit your splits and entry form online to the host team and see how you rank Nationally! We are fortunate to have COMSA sponsor 2 opportunities to swim the Postals outside in a 50 Meter pool at Lowry. **The next opportunity is Sunday, July 6th from 12:00 to 3:00 pm.** Please arrive at least 10 minutes early .

All you need to do is e-mail nicolevanderpoel@msn.com to reserve a lane with the distance you intend to swim, convince a friend or family member to be your counter and keep on swimming! Split sheets, clipboards, stop watches and online instructions will be provided at each swim. When submitting your online entry, please list CMS as your team! We compete individually and as a group! As always, thank you COMSA for providing us crazy distance swimmers with these opportunities!

So how about it swimmers, E-mail nicolevanderpoel@msn.com and reserve your lane. Just do it!

Nicole Vanderpoel
Distance Pool Chair

Long

Worlds -- BBQ July 12 and Relay Submission

CMS Worlds BBQ and you're invited! Swimmers and friends attending the 2014 FINA World Championships in Montreal this summer are invited to a get acquainted - meet and greet BBQ at my house on Saturday, **July 12 2014 from 4-8pm**. There are potentially 13 or more attendees for this pot luck affair. I will provide Brats and a grill to get us started. Christine plans to make a kale and apple salad to share as well. Use the reply all feature to let us know if you can attend and/or bring a complementary dish and/or drinks.

CMS Worlds BBQ
Saturday, July 12
4:00-8:00pm
Andrew LeVasseur
3625 Glencoe Street
Denver CO 80107
303-968-6464

Swimmers who have registered or are planning on swimming:

Brian Hoyt,
Mark Barrand,
Audrey Eldridge,
Barbara Hall,
Audrey Shuss,
Schuyler Smith,
Suzy Talhall-Cotton,
Andy Sappey,
Collette Sappey,
Jeff Magouirk,
Steve Heath
Nick Bruford
Christine Zheng
Shelle Freund
Gregg Freund
Mark Plummer

There are more out there! Let me know if you are planning on attending so I can add you to the list!

Denver Masters Head Coach, Andrew LeVasseur, has been selected as one of 4 coaches who will lead the USMS National Team at the FINA World Championships. Andrew will also be coordinating the CMS relays. Be sure to forward your relay information. swimmin4fun@msn.com

Swim Clinic July 26, 2014 1-3pm DU El Pomar Natatorium

July 26, 2014
Swim Clinic
DU El Pomar Natatorium

We will be offering a Freestyle Clinic on Saturday, July 26, 2014 from 1-3pm at DU. Please bring your fins! \$35 for anybody, \$30 for Denver Masters and COMSA/USMS Members,
This clinic includes Video Analysis. Reserve your spot today! Register with Andrew LeVasseur, Head Coach Denver Masters

Open Water Swimming at Chatfield State Park in the Gravel Pond

Open Water Swimming at Chatfield State Park in the Gravel Pond

May 1 - September 30
Saturday 7:30 am to 10:00 am
Monday and Wednesday 4:30 pm to 7:00 pm

Monitors still needed for July !

We will be using Sign Up Genius for monitor sign up. All members that swim at the pond are expected to monitor one time during the summer. The monitoring sessions will be split so that you can monitor half the time the pond is open and will be free to swim the other time.

To view the current list of signups or to sign up for a monitor slot, please do the following:

1. click on <http://www.signupgenius.com/FindASignup>
 2. Type in the following email address: comsaswimmer@gmail.com
- You will get a list of all current sign up sheets available.

Full details about the pond and swimming rules :
<http://www.comsa.org/openwater.html>

Other Open Water Venues

Grant Ranch, Littleton Open Water Swimming

Weekends: May 17-August 31, 2014
Weekday: Mornings June 4th-August 29, 2014
Evenings June 5-August 29, 2014

<http://www.milehighmultisport.com/open-water-swimming/about/>

Boulder Aquatic Masters (BAM), Boulder Reservoir Open Water Swims

Tues/Thurs : May 27-September 4, 2014
Sat : June 28 & July 6

Bare Bones Races: June 22& July 20

<http://www.bamswimteam.org/w/page.cfm?pagetitle=Open%20Water>

Continue to check the [COMSA website](http://www.comsa.org) for local open water event listings, as well as the <http://usopenwaterswimming.org/> site for events throughout the nation.

CMS Apparel

Colorado Masters apparel is now available through the Swim Team Store website. Long and short sleeve tee shirts and hoodies are available in black or white. Shorts and swim suits are in black only. Colors are all shown in black, the white choice is available once item is clicked on. All items have the Colorado Masters Swimming logo from this year as seen above. Purchase your apparel now and have items shipped directly to you.



<http://www.thelifeguardstore.com/lgstears/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado
password: masters

Planning Ahead:

FINA World Championships Montreal Canada
July 27 -August 10, 2014

USMS Summer Nationals will be held in College Park, Maryland
August 13-17, 2014

USA Swimming Foundation Fantasy Camp Olympic Training Center Colo.
Springs, CO
Oct. 17-19, 2014
[registration](#)

Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarklmsc.org/>

What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere [U. S. Masters Swimming](#)